



SEAFORD STRIDERS NEWSLETTER

WE DON'T JUST RUN, WE ALSO HAVE FUN!

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December 2019

As always, to start the newsletter: a warm welcome to our new Striders:

Michelle Dodson, Sophie Phillips, Chris Salmon, Robert Sarjeant, Gavin Wright and Toni Wright



Happy running!

And now to some business: Striders Committee meeting:

The next committee meeting will be as usual at the White Lion on Tuesday, 10th December at 19.45. All senior members are welcome to attend a Committee Meeting. However in order to ensure numbers are manageable we limit it to 5 members per meeting. Please email secretary@seafordstriders.org.uk if you would like to attend.

Marshals & Cakes

Sunday, 8th December: This is the club's own charity event – The Mince Pie 10. It starts and finishes at Peacehaven and needs loads and loads of Striders to act as marshals. We also need loads and loads of cakes to sell on our cake stall – please bring lots and lots with you on Sunday.



Club Grand Prix update

Congratulations go out to Anneka, who has held off her challengers to retain the Club Grand Prix title. Anneka has been our first lady home in 5 of the GP races this year, and there is still one to come.

Second place is taken by Louisa Scola, who came into the competition only halfway through the year and has achieved a very impressive points total from just 8 races.

With one event to go, the Cross Country at Framfield on 15th December, the men's GP could not be tighter, with just one point separating Nick Farley and Jeff Young.

At this stage a tie is a possibility, in which case the winner will be decided based on average points scored over all GP races completed.

The door is still open to suggestions as to possible events to include in next year's GP. This will be on the agenda at our next committee meeting on 10th December. Please contact by e-mail...

chrislebeau137@btinternet.com

5K Challenge

Louisa also features at the top of the 5K challenge table, having finished as first ladies' Strider in the Park Run on 16th November. But it is not over yet, with Alice Lennie just a few points behind in second place.

The recent Park Run had a big effect on the men's table and Jeff Young's lead at the top is commanding, but not quite definitive! The final two Park Runs, both at Seaford, on 7th and 21st December will settle it all!

Event	Date
Seaford	7-Dec-19
Seaford	21-Dec-19

Worthing 10K by Trevor Jones

The morning of this event started very fresh but the sun appeared and resulted in a pleasant day. For those of you who have done 'Beat the Tide' 10k, the starting point for this run, not too far from the pier, will be familiar to you. Whereas 'beat the tide' went towards Lancing, this one went the other way towards Goring. This gave me the satisfaction of covering the whole of Worthing seafront and viewing the various art deco buildings including the pier and old lido, which evoke the popularity of the seaside between 1920 -1939.

The seafront promenade is very spacious, although on the route nearer to Goring, there was a narrow track at the back of the beach houses, which made for difficulty in 'overtaking'. This might be disconcerting if you're looking for a PB. Having reached Goring, we had to go across a grass field for the turn around and from here it was back home.



Like a lot of seafront races, you can view buildings or piers in the distance, which give you that heavy feeling of how far you have to run, this was no exception. For the record I did it in 55 minutes but there was only a gun time available.

The cost was £15.00 and included a medal and tee shirt. My only criticism (apart from the narrow track) was the baggage drop, which was a section of the park field. There was no cover or ground sheet and no label given, but luckily it did not rain and hopefully no baggage taken away by mistake. The course was generally well marshaled and had a couple of water stations.

The Poppy Half-Marathon by Debbie Priest

The Poppy Half takes place on Bexhill seafront on the Saturday before remembrance Sunday and the entry fee goes to the charity Help the Heroes. It starts at 12.30, which is unusually late but that's because there's a 5K and 10K option in the morning. The start and the finish are at the De La Warr Pavilion, which means you can keep warm beforehand. There's a nice café inside and loads of loos (always a bonus particularly if you're nervous.)



The National Anthem is played at the start and there's also 2 minutes silence to observe. The race itself requires mental focus because it's 2 and a half laps of the seafront, which can be pretty boring, but seeing runners coming back the opposite way, the brilliant marshals and the crowd support all keep you going.

It can be extremely windy but thankfully this year it wasn't too bad. There are a few people that wear a Bergen whilst running – I don't know how they do it and am completely in awe of them!

I would recommend this race if you like a flat course (only a bit of a hill at one end, which you to repeat 2 times). Everyone is really friendly and it's a well organized. There are no mile or kilometer markers but there are pacers to keep you on track. There is also a small marquee at the end full of snacks to help your recovery, but best of all, the medal is fabulous.



Black Cap XC (Lewes) by Josh Nisbett

On remembrance Sunday 12 Striders took part in the second round of the East Sussex Cross Country League, this time closer to home in Lewes. Following a minutes silence and remembrance poems the senior race took place on a surprisingly sunny morning for once.



This year the course was altered to avoid the customary bottleneck issue within the first couple of minutes of the race. This seemed to be much to everyone's liking as it not only shortened the course but also got rid of another steep hill.

However, the course that is run mostly on the open fields above Lewes and Ashcombe still has its fair share of hills and undulations. Every Strider

was in good spirit, maybe because of the aforementioned course change, and we had some cracking results. We all cheered one another in across the line in true Strider spirit and no one was left behind.

First across the line was Matt Edmonds of Hastings Runners in 28:24. I came in at 34:47 with Jeff Young close behind in 34:56. Next was Tom Knight in 36:31, then Ray Smith 38:20 and Colin Browne just snuck under 40 minutes as well in 39:26. Other Striders results are as follows; Adam Haverly 40:11, Anneka Redley 40:19, Amanda Feast 42:21, Peter Weeks 43:54, Emilie Tearle 44:50, Terry Ward 51:49, Debbie Plant 53:10.

We all ran really well and our team along with Run Wednesday and Polegate Plodders who we are grouped with came 10th out of the 16 teams in the league. Even better considering that this round had 383 finishers, the most the league has ever seen. If you haven't pre-registered for the cross country league you can still come along to the next 4 round and pay on the day for a very reasonable fee of £5. We always need Striders out in force and its great fun, keep an eye out for the up and coming rounds in the newsletter

Thank you to all the contributors this month:

They are Debbie, Trevor and Josh, thank you for your reports and photo contributions to this month's newsletter. Please send in your contributions for the next newsletter as early as possible, and good luck with all the races. Please send your write ups to me at: fawz50@gmail.com

CLUB EVENTS



Monday 2nd December and

6th January 2020

**Monthly Training Session
7.30pm – Lewes Track**

CLUB KIT



Sapphire
Blue*



Jet
Black*†

Club Kit has historically been the black with white writing but in 2019 the decision was made to add the Sapphire Blue with black writing. Either of these colours can be worn for running in Sussex Grand Prix races.

All new members will receive a voucher to exchange in InterSport, Seaford for either a free vest or tee-shirt, which is part of their first year's membership deal.



Electric
Yellow

Electric yellow is the club colour for juniors. This colour can also be purchased by the seniors for wearing on club nights, together with a range of other colours, which can all be purchased from InterSport, Seaford.

Short sleeved tee-shirts are £12 and long-sleeved are available in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue for £15. Vests are also available in a range of colours for £11.

Black club hoodies, either with a full-length zip or without a zip can also be purchased for £16.50 – available in all sizes from juniors through to seniors.

To order, please call in to see Nick or Ollie at InterSport Seaford or Tel: 01323 898516

Please note a 10% discount is available to Striders who purchase other items of sports gear, shoes, etc., from Inter Sport (Seaford & Lewes) and all other local suppliers i.e. Tempo (Eastbourne) Run (Hove) Jog Shop (Brighton) etc. Just make sure you show your membership card at time of purchase.

SPONSORSHIP The club is fortunate to receive sponsorship from the following local organisations and it is because of their support that the club can offer a free vest or tee shirt to new members and subsidised kit to all members. Seaford Striders would be delighted to add more sponsors to its band of supporters. If anyone knows of other local companies who would be interested in sponsoring Seaford Striders, then please do get in touch. Thank-You.



Seaford Estate Agents
[Tel: 01323 898414](tel:01323898414)



Seaford Estate Agents
[Tel: 01323 490001](tel:01323490001)

The White Lion Hotel [Tel: 01323 892473](tel:01323892473)
(sponsor committee meeting venue)



Extensions, ground work, etc.

[Tel: 01273 959343](tel:01273959343)

Residential lettings in Brighton
[Tel: 01273 672999](tel:01273672999)

Intersport – sportswear suppliers



Lewes & Seaford
[Tel: 01323 898516](tel:01323898516)

Gingerfit your local Seaford



Personal Trainers

[Tel: 0323 893676](tel:0323893676) [Email: info@gingerfit.co.uk](mailto:info@gingerfit.co.uk)

FUTURE RACES

Race Entry details @ <http://www.sussexraces.co.uk>

Cross Country Events – ESSXCL – <http://www.eastsussexcrosscountry.co.uk/>

Sussex Grand Prix (SGP) events marked in red **Marshalls needed marked in green**
Junior welcome with seniors or special children's races - marked in purple

December – May 2020		June – November 2020	
Dec 1	Downland Devil 9, Steyning	Jun 7	Worthing 10k
Dec 7	Worthing Women's Xmas Cracker 5K & 10K	Jun 14	Hove Park Junior races & 5k
Dec 8	Mince Pie 10 miler, Peacehaven	Jun 14	Weald Trail 50K Ultra & Half Marathon
Dec 18	Winter Twilight Chase 5, Rye	Jun 20	Race to the King, Arundel - Winchester
Dec 15	New Place, Framfield, ESSXCL & Junior race	Jun 20	Downland Dash, & Junior race
Dec 21	Hastings Xmas Pudding 5mile & Junior race	Jun 21	Madehurst South Downs, 10k & 5k, Nr Arundel & Junior race
Dec 26	Turners Hill Boxing Day Run	Jun 21	Heathfield Mid Summer 10k
Jan 1	Hangover 5 miler & Junior race Worthing.	Jun 24	Beach Run & Junior race
Jan 26	Heathfield Park, ESSXCL & Junior race	Jun 26	Robertsbridge Midsummer 10K & 5K
Feb 2	Chichester 10K	June 28	Eastbourne 10k
Feb 2	Southcoast 50	Jul 1	Roundhill Romp & Junior mini run
Feb 9	Worthing 10k & Half	Jul 5	Bewl 15 miler
Feb 9	Eastbourne 5 miler	Jul 12	Martello Half Marathon, Seaford
Feb 16	Bodiam, ESSXCL & Junior race	Jul 15	Hornets Stinger & Junior race
Feb 16 TBC	Run Your Heart Out 8K, Crawley & Junior race	Jul17	Rye Harbour Ekiden Relay
Feb 16	Glattig Beacon Five, Arundel	Jul 26	Seven Stiles & Junior race
Feb 16	Bodiam, ESSXCL & Junior race	Jul 26	Bexhill 5k 10k – Date TBC
Feb 23	Brighton Half Marathon	Aug 5	Highdown Hike & Junior race
Feb 23	Gunpowder 8K Run, Battle	Aug 23	Windlesham House 4 & Junior race
Mar 1	Eastbourne Half	Sep 6	Fittleworth 5 & Junior race
Mar 1	Steyning Stinger Marathon & Half	Sep 13	Tilgate Forest & Junior race
Mar 08	Pett ESSXCL & Junior race	Sep 13	Hellingly 10k – Date TBC
Mar 15	Moyleman Marathon, Lewes	Sep 27	Barns Green Half & 10k
Mar 29	Hastings Half	Oct 4	Lewes 10 miler & 5 miler
Apr 4	South Downs Way 50	Oct 11	Great Walstead 5 & Junior race
Apr 13	Lewes Easter Monday 10K & Junior race	Oct 18	Hove Prom 10k
Apr 18	Brighton Mini Mile	Oct 24	Beachy Head Marathon , Half & 10k
Apr 19	Brighton Marathon, 10K & Bike Ride	Oct 25	Steepdown Challenge & Junior race
Apr 26	London Marathon	Nov 8	Gunpowder Trot & Junior race
Apr 26	Bluebell Run 10M & 10K, Angmering	Nov 22	Crowborough 10k – Date TBC
May 2	Dark Star 7, Partridge Green		
May 3	Rye 10 miler & 5 miler		
May 3	Run Wisborough 5K & 10k		
May 9	Eastbourne Trackstar Marathon & Half		
May 10	Run Gatwick Half & 5K		
May 10	Hedgehoppers 5 & Junior race		
May 17	Horsham 10k		
May 17	Hastings 5 miler		
May 20	Trundle View & Junior race		
May 23	East Grinstead 10 mile (Marathon Wknd)		
May 24	East Hoathly Family Runs 5k & 1K		
May 24	Haywards Hth 10 mile (Mthn. Wknd)		
May 25	Burgess Hill 10K (Marathon Wknd)		